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'A complete waste of time'

Provincial funding meeting leaves Mayor Ford fuming and Finance Minister Charles Sousa firing right back PAGE 3

Transgender 6-year-old wins case

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Berlusconi guilty in sex-for-hire trial

Former Italian premier receives seven-year sentence PAGE 13

Bared breasts lead to arrest

Transgendered. Performers say flight attendants, RCMP made inappropriate remarks about them

Nina Arsenault and Lexi Sanfino wanted to shock a flight attendant when Sanfino performed an impromptu striptease on a WestJet flight to Edmonton Thursday night.

But the two prominent Toronto-based transgender artists said the performance was spoiled when they were arrested by Alberta RCMP officers, whom they allege deleted photos from their camera and threatened to throw them in jail with men.

Arsenault said the incident was provoked by questions from the flight attendant, which they deemed inappropriate.

"She came over and said, 'You guys have to teach us how to do our makeup,'" said the 39-year-old performer. "And then they were like, 'You know, because you used to be guys, right?'"

In response, Sanfino decided to strut topless down the aisle.

"She walked down the aisle with quite a bit of grace and flamboyance and had her arms out," said Arsenault. "And then the flight attendants came and covered her up, saying 'Think about the children!'"

Contacted via Facebook, Sanfino added: "My actions spoke louder than words."

WestJet spokeswoman Brie Ogle declined to comment on the incident as it was under investigation by police.

When the plane landed, RCMP officers were waiting to arrest Sanfino.

Arsenault said she filmed the arrest, which the officers objected to. When she refused to stop filming, she alleges they handcuffed her as well.

Arsenault was eventually released with no charges against her, while Sanfino was charged with causing a disturbance.

Alberta RCMP Sgt. Josee Valiquette confirmed the arrest was made but would not comment on the allegations.

"We will not be able to speak to the details of the investigation, as the matter will be before the courts," she said.

Arsenault and Sanfino said they were taken to the RCMP's holding cell, where Arsenault claims an officer took her camera and deleted photos and a video of the arrest.

The women claim the officers began referring to them as males after seeing their passports.

"Let's face it: If you're legally male, it's not even illegal to remove your top," said Arsenault. "I think that was the politics she was exposing. If you're going to treat me like a male, then I'll put this in your face. Which begs the question: Now am I?"

TORSTAR NEWS SERVICE

CHICAGO WINS THE CUP

Chicago Blackhawks centre Dave Bolland celebrates his game-winning goal against the Boston Bruins with Marcus Kruger during the third period of Game 6 of the Stanley Cup Finals, Monday night in Boston. The Blackhawks defeated the Bruins 3-2 to win the Stanley Cup in six games.

CHARLES KRUPA/THE ASSOCIATED PRESS

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Ford calls meeting with Sousa a 'complete waste' of time

War of words. Mayor went to Queen's Park to discuss phase-out of $150 million in provincial funding

Mayor Rob Ford is accusing Premier Kathleen Wynne's minority Liberal government of "blindsiding" him on a change to funding arrangements for the city of Toronto.

But Finance Minister Charles Sousa countered by suggesting the embattled mayor's aides aren't keeping him in the loop.

A visibly upset Ford said his meeting with Sousa on Monday "was a complete waste of everyone's time."

The treasurer shot back that the mayor just wants to use provincial money to cut municipal taxes.

"I'm not playing political games here," Sousa said. "He basically said, 'I'm not going to increase taxes, so you go ahead and do it.' And I'm not."

In separate press scrums, the two political heavyweights slugged it in front of media cameras.

"I'm furious. It's just not right. Last-minute blindsiding," Ford told reporters outside the Frost Building on Queen's Park Crescent.

"I'm very, very frustrated right now. I'm getting punished for running an efficient government. That's exactly what's happening here."

Quoted

"They found out that Mayor Ford can turn the city around, but obviously these people can't. It's disgusting."

Mayor Rob Ford, following a meeting with Finance Minister Charles Sousa.

At issue is the province's phasing-out of the Toronto Pooling Compensation program in 2015 instead of 2018, which will leave a $50-million hole in next year's budget.

Queen's Park maintains that overall funding to the city would increase from $656.1 million this year to $766.1 million in 2016, but civic officials stress that is less than the municipality had anticipated.

Ford, who was accompanied by city manager Joe Pennachetti, said Sousa refused to give him a reason for the change except that Toronto was being now treated the same as every other municipality.

The mayor said that money would come out of the Toronto Community Housing repair backlog funds, city hostels, and other unspecified programs.

"This is on the backs of the most vulnerable people in the city. We're $800 million in repairs. There's hostels. And he said, 'You know what, (you'll) have to deal with it. Use the tools we gave you.' Well, I'm not increasing taxes."

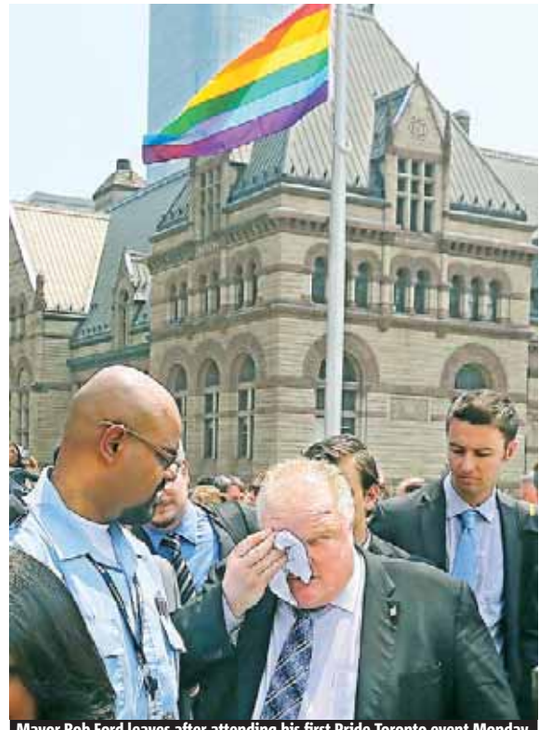
In fact, Ford says he plans to push forward with a 10 per cent cut in the municipal land transfer tax and limit to property tax hikes to 1.75 per cent.

Sousa was incredulous.

"I would hope that those most vulnerable will continue to be supported," he said, adding "we're increasing funding to Toronto — that's the point."

The minister said "the city has choices that they can make," such as using the taxing powers the province gave the municipality.

TORSTAR NEWS SERVICE



Mayor Rob Ford leaves after attending his first Pride Toronto event Monday, participating in the raising of the rainbow flag to kick off Pride Week festivities on the roof at city hall, and drawing qualified praise from the gay community he has repeatedly angered. STEVE RUSSELL/TORSTAR NEWS SERVICE

LCBO ads for teacher gifts get an F from some parents

An apple brandy for teacher?

That might not be a kid's traditional offering to a favourite instructor, but this June, as the bell rings on a school year marred by cancelled clubs and labour acrimony, the LCBO seems to be suggesting students reward teachers with a more adult gift.

"Thank your teacher for a great year with an LCBO gift card," reads an advertisement, prominently placed on the store's website. The text appears next to a mock-up chalkboard marked with the coloured-in letters "ABC," and a few plastic cards that are redeemable for bottles and beer.

Parents watching their kids play outside the Waterfront School at the foot of Bathurst Street on Monday afternoon were surprised by the campaign, and felt LCBO ads shouldn't appear geared to kids.

"Why target children?" asked a flabbergasted Jackie Allen, who was there to pick up her son Jaden, 7. "Since when is it OK for kids to give liquor to their teachers?"

LCBO spokesperson Heather MacGregor insisted the message isn't directed toward kids, but rather to parents in the market for year-end gifts for teachers.

"In my children's school, if you were to say, thank 'your teacher,' I would consider that 'my kids' teacher,'" she said.

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Larry Tanenbaum, chair of Maple Leaf Sports and Entertainment, on Monday.
RANDY RISLING/TORSTAR NEWS SERVICE

Tanenbaums donate $35M to Mount Sinai

Health. Endowment will fund research into cancer, diabetes, neurodegenerative diseases

After a banner $25-million donation a few years ago, the Tanenbaum family pledged another $35 million to Mount Sinai Hospital for research.

The downtown Toronto hospital renamed its Samuel Lunenfeld Research Institute the Lunenfeld-Tanenbaum Research Institute in recognition of the donation from Larry and Judy Tanenbaum.

Hospital officials said the Lunenfeld family supported the change of moniker.

The gift marks the start of a fundraising drive for $50 million to create an endowment for the institute, which is ranked one of the top 10 worldwide.

Tanenbaum, chair of Maple Leaf Sports and Entertainment, earmarked $15 million to match another philanthropist, in hopes of inspiring a benefactor to pony up to help the hospital reach its goal.

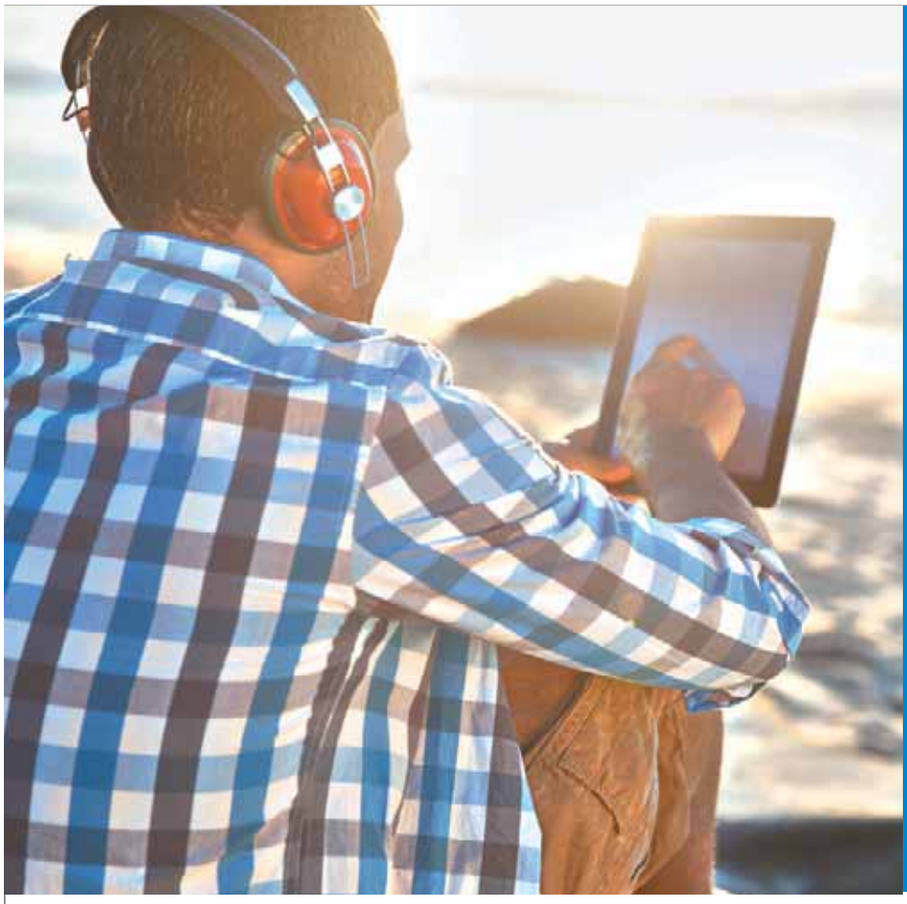
"The discoveries that are being made will impact the diagnosis and treatment of disease on many fronts," said Tanenbaum.

"We want to promote innovation in research so that we and our children and future generations may benefit."

TORSTAR NEWS SERVICE

Long-time benefactor

The construction and investment tycoon's $25-million gift to Mount Sinai in 2006 was the largest donation the hospital ever received, until it was outdone with $50 million from Joseph and Wolf Lebovic later that year.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Toronto cops don lavender for Pride's Trans March

LUKE SIMCOE
luke.simcoe@metronews.ca

When organizer Nicki Ward is asked about having members of the Toronto police join this year's Transgender March down Yonge Street, she opts to quote a line from Casablanca.

"This could be the beginning of a beautiful friendship."

June 28 will mark the first time the police have participated in the Pride-affiliated Trans March, which began in 2009. Not only will officers join the march, they'll do so in uniform, complete with adornments in lavender — the official, gender-neutral colour of the event.

"The history between the police and the trans community in Toronto hasn't been the greatest, so for us to be invited to join them is a huge step in that relationship," said Special Const. Joshua Wilson, co-chair of the Toronto police's LGBT internal support network (ISN).

Although the board of the Trans March voted unanimously to allow police to march in uniform, it wasn't easy to reach that consensus. Because trans people are often marginalized, even within the LGBT community, Ward said they're more likely to have run-ins with police, and those encounters are "not uniformly positive."

When

Pride Toronto takes place June 21 to 30 and the Trans March is scheduled for June 28 at 8 p.m.

"There was a lot of discussion backwards and forwards, but everyone was thrilled the discussion was going on," she said. "At the end of the day, we realized the messaging the police service was engaged in was twofold: There was a public component to it, but they were also focused on changing attitudes internally.

"We felt that kind of messaging was best done in uniform."

Wilson agreed.

"The main thing for the ISN is to be public," he said. "We're supported by the chief, we're supported by command, but just being public is what's going to help us the most."

Of the 8,000 members of the Toronto Police Service, Wilson said he knows of at least 50 who openly identify as something other than heterosexual. He admits the number is small, and likely not illustrative of how many LGBT officers are actually part of the force, but says it's a start.

TPS Const. Danielle Bottineau, left, and wife Karin Dafont, walk hand-in-hand in the 2012 edition of the Pride Parade. RICK MADONIK/TORSTAR NEWS SERVICE

Phew. Metrolinx taking bids for relief-line study

Metrolinx has put out a call for qualified bidders to do a preliminary study on what, until now, was termed the downtown relief line.

It's a very early step, but transit watchers, eager for any word of progress, will see it as a clear sign of such.

A request for qualifications from consultants has been posted on a website for public agency procurement. The notice refers only to a "relief line" study — a look at the options for moving more people into the city core without further burdening the Yonge subway. The word "downtown" has been removed from the relief-line scenario because "it was giving people the wrong impression," said Metrolinx spokeswoman Anne Marie Aikins.

"What people weren't getting was, it was to give relief to people coming in from the region, the outer suburbs."

"We're working very closely with the TTC to study options for the relief line," said Aikins.

But the study will also consider other options, including "better ways we can use the GO rail lines," she said.

The consultant won't be chosen until the end of August or early September.

TORSTAR NEWS SERVICE

Recommendations

A relief line is among a second wave of transit projects earmarked by Metrolinx, which so far remain unfunded.

- The provincial transportation agency has recommended the province raise HST by 1 per cent, hike gas taxes by 5 cents a litre and charge property owners for commercial parking spaces and steeper development charges. Combined those measures would raise about $2 billion a year.
- The relief line is seen as critical if the Yonge subway is ever to be expanded north to Richmond Hill.

Signs of need

Chrissy Girdharry, centre, along with her brother Andrew and father Raymond hold up a banner at Metro Toronto School for the Deaf on Monday. Girdharry, a former student, is deaf and awaiting donations for a lungs and liver transplant. The 28-year-old has made a YouTube video in sign language and came to the school to speak to deaf Grade 4 and 5 students to encourage people to sign their organ donor cards.

CHRIS SO/TORSTAR NEWS SERVICE

CNE parking

The grass is always greener ... without cars on it

Councillors want to end the practice of CNE parking at Marilyn Bell Park, saying that allowing cars to park on the grass is causing too much damage, causing soil compaction, poor turf quality and stunted tree growth.

TORSTAR NEWS SERVICE

King of the road

TTC to consider route options

The TTC board voted unanimously Monday to ask the city to help it study controversial ideas for getting its busiest streetcar route moving again, potentially by taking cars off King St. in the morning rush or creating a designated streetcar lane. If the TTC can't stop the bunching and gaps in streetcar service, it won't be maximizing its $1.02 billion investment in new streetcars, said TTC chair Karen Stintz. TORSTAR NEWS SERVICE

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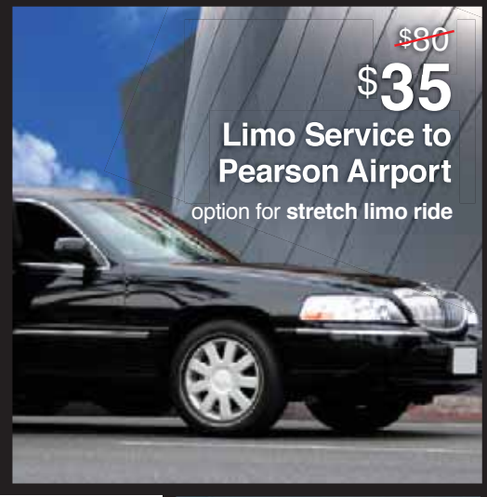

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Woman advocates for new laws to protect victims of 'revenge porn'

No consent. Private sexual video chat posted by woman's ex after they broke up has had 'devastating' effect on her personal, professional life

JESSICA SMITH
jessica.smith@metronews.ca

A Nova Scotia MP has tabled a bill to make the posting of revenge porn illegal. ISTOCK IMAGES

Holly Jacobs was in a committed long-term, long-distance relationship with a man she trusted. To keep the romance alive, she participated in a private sexual video chat with him.

She didn't know he'd recorded it, but he did. She didn't know that after she broke up with him it would go viral on the Internet, but it did. Along with her full name, workplace and contact info.

Jacobs told Metro she believes the video was posted as a form of "revenge porn" — intimate photos or videos posted online without the other person's consent, with the intent to hurt them.

In some cases of revenge porn — which has several websites devoted to it — the photos were given freely during a relationship, but the victims did not consent to having them made public. In other cases, photos are taken during a sexual assault and posted online.

Nova Scotia MP Robert Chisholm is hoping Canada will follow New Jersey and make the posting of revenge porn illegal. He tabled a private member's bill before Parliament broke for the summer and hopes to work with the Conservatives on a similar bill in the fall.

His draft bill would make it an offence to distribute nude or sexually explicit photos of someone without his or her consent, punishable by jail time of 18 months to 10 years.

"Victims need to have services available, they need to have support and ultimately what they need is legal protection and perpetrators need to be held accountable," he said.

Chisholm wrote the bill after consulting with Rehtaeh Parsons' family, who live in his riding. Parsons killed herself after photos of her alleged sexual assault were distributed among her peers, many of whom bullied her afterward. No charges have been laid in the case.

"It's not just Rehtaeh — there have been similar cases throughout Canada and North America," he said.

Jacobs lauded Chisholm's bill. "This bill does a really good job of punishing (revenge porn), and gives people who do this what they really deserve," she said. "They deserve to be in prison — up to 10 years is great."

endrevengeporn.com

Fighting back

When Holly Jacobs broke up with her boyfriend, she was a PhD student — she didn't plan to be a porn star. But now, if anyone searches her birth name online, they'll find a video of her performing a sexual act.

"The kind of damage that revenge porn can do to someone's life — professional, personal, psychologically — it's devastating," she said.

Jacobs changed her name to Holly Jacobs, but someone kept linking her name and the details of her career with the pornography. Jacobs eventually convinced police to lay cyberstalking charges against her ex, and that case is ongoing. She has also launched endrevengeporn.com, a site devoted to advocating for new laws.

JESSICA SMITH/METRO IN TORONTO

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Spreading good news.
Mormons now knocking on social-media doors

Mormon missionaries will soon spend less time knocking on doors and more time chatting online with potential converts.

Leaders of the Church of Jesus Christ of Latter-day Saints announced the strategy shift Sunday night in Provo, Utah, during a two-hour presentation to mission presidents that was broadcast worldwide.

Church apostles said the change reflects the growing importance of social media and people's preference to connect over sites such as Facebook rather than opening their homes to strangers.

The move is the latest step in the loosening of traditionally strict rules for missionaries. THE ASSOCIATED PRESS

Quoted

"The church must adapt to a changing world."

Elder L. Tom Perry of the Quorum of the Twelve Apostles. He said missionaries will be using social media, blogs, email, text messages and the church's website in a limited number of locations this year.

Washington zoo

Panda's breakout short-lived

Animal keepers from the National Zoo have captured a red panda in a Washington neighbourhood after it went missing from its enclosure.

A zoo spokeswoman says the male, Rusty, was captured Monday in a bush.

Red pandas are slightly bigger than a domestic cat and look similar to a raccoon. They are listed as vulnerable in the wild.

Rusty arrived at the zoo in April and went on exhibit in early June. THE ASSOCIATED PRESS

Transgender first-grader wins discrimination case

Six-year-old transgender girl Coy Mathis holds hands with her attorney and her mother at a news conference in Denver on Monday. The Colorado Civil Rights Division has ruled in favour of Coy, whose school had barred her from using the girls' bathroom. ED ANDRIESKI/THE ASSOCIATED PRESS

Complaint. Parents said they were told in December that the six-year-old was not allowed to use the girls' bathroom

A six-year-old transgender girl will be able to return to school after winning the right to use the girls' bathroom.

The New York-based Transgender Legal Defence and Education Fund announced the ruling in favour of Coy Mathis on Sunday.

The group filed the complaint on behalf of Kathryn and Jeremy Mathis claiming that the first-grader had been discriminated against at Eagleside Elementary School in Fountain, near Colorado Springs. The Mathises feared going along with the school's order would stigmatize Coy and open her up to bullying. She was homeschooled as the complaint was considered.

School districts in many states, including Colorado, have enacted policies that allow transgender students to use the bathroom of the gender with which they identify. THE ASSOCIATED PRESS

Gender identity disorder

The Mathises said Coy, a triplet, showed an early preference for things associated with girls.

- She showed little interest in toy cars and boy clothes with pictures of sports, monsters and dinosaurs. She refused to leave the house if she had to wear boy clothes and became depressed and withdrawn.
- The Mathises said they decided to help Coy live as a girl and she came out of her shell.

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‘Cash cards’ offered to Alberta flood victims

Commuter troubles.
City’s LRT tracks damaged like ‘never seen’ before

JEREMY NOLAIS & ROBSON FLETCHER
Metro in Calgary

Alberta’s premier pledged an extra $1-billion Monday on top of $200 million already budgeted for disaster relief as a preliminary source of funds for flood-affected residents across the province.

“I promise you, on behalf of the Government of Alberta, that we will do everything that it takes to ensure that people can rebuild their homes and rebuild their lives and rebuild their communities,” Alison Redford told reporters in Calgary.

Water began spilling over banks in Alberta on Thursday, affecting nearly 30 communities through the weekend and into Monday. Even as cleanup efforts began, residents in towns such as High River faced uncertainty over when they would be able to return home.

Money for victims will begin flowing to evacuees in a matter of 48 hours in the form of “cash cards” to help people who may have fled their homes without access to banking, Redford said.

She said the government will provide preloaded debit cards to displaced residents to help with their immediate housing needs and day-to-day purchases.

Those who qualify will receive $1,250 per adult and $500 per child.

Federal Immigration Minister Jason Kenney also said the Conservative government was in contact with the insurance industry about damage sustained in the flooding and the hope is companies would respond in “an appropriate way.”

WITH FILES FROM THE CANADIAN PRESS

A cyclist and road crew survey the washed-out northbound lanes of MacLeod Trail in Calgary on Monday.
THE CANADIAN PRESS

Restoring downtown

Major power grid likely out till Tues.

In Calgary, focus shifted to restoring the downtown core; however, the power grid likely won’t be restored until Tuesday evening, officials said.

Even when work does restart, the city faces the prospects of operating without its south LRT transit line, which sustained damage “never seen” before as water rushed into the city on Friday, said Calgary Transit director Doug Morgan.

Morgan said officials were gunning to reopen the line in time for the start of Calgary Stampede on July 5.

But the lasting effects of damage in smaller communities would be felt much longer, Premier Alison Redford warned.

“When we talk about what’s going to happen, we’re talking about a 10-year plan. And we’re committed to make sure that we take that time to do it right.”

Mariner of sunken passenger ferry gets 4 years

Karl Lilgert, navigator of the Queen of the North, leaves the law courts in Vancouver last month. THE CANADIAN PRESS

The mariner who was navigating the Queen of the North passenger ferry when it ran aground and sank off the coast of northern British Columbia, killing two passengers, has been sentenced to four years in prison.

Karl Lilgert, 59, was convicted last month of criminal negligence causing the deaths of Gerald Foisy and Shirley Rosette, who vanished when the Queen of the North missed a routine turn and collided with a remote island in March 2006.

Judge Sunni Stromberg-Stein said Lilgert’s relationship with quartermaster Karen Briker — who was the only other crew member on the bridge when the ship struck land — was a significant factor in the crash.

It was their first time working alone together since their relationship ended several weeks earlier, and the intimate details of the affair were laid bare during the trial.

“Clearly, he was distracted by personal issues related to his relationship with Ms. Briker,” Stromberg-Stein said as she read her sentencing decision on Monday in B.C. Supreme Court.

“I do not need to speculate on what Mr. Lilgert was doing on the bridge that night. I know what he was not doing. He was not doing his job.”

Last week, the Crown recommended a six-year prison term, while the defence asked for a conditional sentence with no time in custody. Lilgert’s lawyer has already indicated that he plans to file an appeal of the conviction.

Data recovered from the ship’s navigation system showed the ferry made no turns and took no evasive action as it approached Gil Island, which one expert witness described as a “catastrophic dereliction of duty.”

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Berlusconi convicted in sex-for-hire trial

Possible end of political career. The former Italian premier, 76, was sentenced to seven years in prison, but plans to appeal

In this file photo taken in 2009, then-Italian premier Silvio Berlusconi gestures as he attends a meeting in Milan. A Milan court has convicted Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then trying to cover it up. ALBERTO PELLASCHIAR/THE ASSOCIATED PRESS

A Milan court on Monday convicted former Italian premier Silvio Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then using his influence to try to cover it up.

Berlusconi, 76, was sentenced to seven years in prison and barred from public office for life — a sentence that could mean the end of his two-decade political career. However, there are two more levels of appeal before the sentence would become final, a process that can take months.

Berlusconi holds no official post in the current Italian government, but remains influential in the uneasy cross-party coalition that emerged after inconclusive February elections.

Both he and the Moroccan woman at the centre of the scandal have denied ever having sex.

His lawyer, Niccolo Ghedini, immediately announced an appeal and said the sentence was unjust.

"This is beyond reality," Ghedini told reporters outside the courthouse. The sentence was even stiffer than the six-year prison term and lifetime ban on public office that prosecutors had originally requested.

"I'm calm because I've been saying for three years that this trial should never have taken place here," Ghedini said.

The charges against the billionaire media mogul stem from the "bunga bunga" parties in 2010 at his mansion near Milan, where he wined and dined beautiful young women while he was premier. He says the dinner parties were elegant soirees; prosecutors say they were sex-fuelled parties that women were paid to attend.

Neither Berlusconi nor the woman at the centre of the case, Karima el-Mahroug, better known by her nickname Ruby, have testified in this trial. El-Mahroug was called by the defence but failed to show on a couple of occasions, delaying the trial. Berlusconi's team eventually dropped her from the witness list. THE ASSOCIATED PRESS

Leaker. Obama assumes Snowden is still in Russia, wants him expelled

The empty seat on a Havana-bound flight that an official said was booked in the name of Edward Snowden. MAX SEDDON/THE ASSOCIATED PRESS

The U.S. assumes National Security Agency leaker Edward Snowden remains in Russia, and officials are working with Moscow in hopes he will be expelled and returned to America to face criminal charges, President Barack Obama's spokesman said Monday. He declared that a decision by Hong Kong not to detain Snowden has "unquestionably" hurt relations between the United States and China.

Snowden left Hong Kong, where he has been in hiding, and flew to Moscow but then apparently did not board a plane bound for Cuba as had been expected. His whereabouts were a mystery. The founder of the WikiLeaks secret-spilling organization, Julian Assange, said he wouldn't go into details about where Snowden was but said he was safe.

Snowden has applied for asylum in Ecuador, Iceland and possibly other countries, Assange said.

Obama, asked if he was confident that Russia would expel Snowden, told reporters: "What we know is that we're following all the appropriate legal channels and working with various other countries to make sure that the rule of law is observed." THE ASSOCIATED PRESS

U.K. Reports cops tried to smear murder victim's family 'horrific': Cameron

British Prime Minister David Cameron called Monday for an immediate investigation into allegations that an undercover police officer was ordered to smear the reputation of the family of a murdered black teenager.

The Guardian newspaper published claims Monday that the officer infiltrated anti-racism protest groups to gain information that could discredit the family of 18-year-old Stephen Lawrence.

"To hear that, potentially, the police that were meant to be helping them were actually undermining them — that's horrific," Cameron said in Downing Street.

Lawrence was stabbed in 1993 and an inquiry found the Metropolitan Police "institutionally racist" in its response to the killing. THE ASSOCIATED PRESS

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Smoke in neighbours' eyes leads Indonesia to apologize

Battle of the blazes. Unprecedented haze from hundreds of Indonesian fires drifts into Malaysia, Singapore

A taxi driver wearing a face mask waits for customers in downtown Kuala Lumpur, Monday. Malaysian authorities declared a state of emergency Sunday in a southern district where a smoky haze blamed on Indonesian forest fires has triggered one of the country's worst pollution levels in years. LAI SENG SIN/THE ASSOCIATED PRESS

Indonesian President Susilo Bambang Yudhoyono apologized Monday to Singapore and Malaysia for record-setting pollution caused by forest fires in his country

"For what is happening, as the president, I apologize to our brothers in Singapore and Malaysia," Yudhoyono said. He asked for their understanding and said Indonesia is working hard to fight the fires, which are often set by farmers to clear fields.

Jakarta dispatched planes and helicopters last week to battle the blazes in peat swamp forests as well as plantations in Riau province on Sumatra island, where the smoke easily drifts across the sea to the two neighbouring countries.

Speaking at a news conference after a Cabinet meeting to discuss the issue, Yudhoyono said he has ordered an investigation of the fires.

Indonesia's National Disaster Management Agency said aircraft and firefighters were able to extinguish at least 69 of the 265 fires burning across Riau Monday. THE ASSOCIATED PRESS

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Social media. Youth worker handing over his Twitter account to at-risk kids

Over the past two weeks, Mark Cherrington has tweeted about an 11-year-old needle drug user, an 18-year-old girl who broke her neck on a botched suicide attempt and a single mom of five, with another baby on the way.

Cherrington, an Edmonton youth worker, regularly sends hauntingly honest tweets about his job and the high risk kids he works with. His Twitter account will soon be handed over to some of those youth.

He has come to rely on Twitter as a tool to educate others and advocate for the youth he works with.

Starting Tuesday, some of those kids will have access to his account and password while Cherrington enjoys a 10-day out-of-country vacation.

"This might be brilliantly wonderful or a wonderful disaster," Cherrington said.

@MarkCherrington

"Social media, for me, is much more than posting of sunsets and sunrises and half-eaten cakes and status updates."

Mark Cherrington
Youth worker

It's an experiment he says that was born out of worry.

Cherrington regularly turns to Twitter to ask Edmontonians for help supporting the hundreds of youth he works with.

Roaming fees prevent the youth worker from taking his cellphone on vacation and he sees handing over his password as a way to allow high risk youth to still access community support, if needed.

ANNALISE KLINGBEIL/METRO EDMONTON

Sexual violence. Actress Angelina Jolie urges UN to help stop warzone rape

Actress Angelina Jolie is making her debut before the UN's most powerful body as a special envoy for refugees and urging the world's nations to make the fight against rape in war a top priority.

She told the Security Council Monday that "hundreds of thousands — if not millions — of women, children and men have been raped in conflicts in our lifetimes."

But Jolie said "the world has yet to take up warzone rape as a serious priority."

"You set the bar," she told the Security Council. "If the ... council sets rape and sexual violence in conflict as a priority it will become one and progress will be made. If you do not, this horror will continue."

Angelina Jolie THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Shopkeeper Ousmane Diallo, in this Feb. 5, 2010 file photo, displays a photo of his son Madieye Diallo, a gay activist whose body was disinterred and desecrated hours after burial, in Thies, Senegal. U.S. President Barack Obama's upcoming visit this week to three African nations, including Senegal, is sure to put a spotlight on his administration's cautious promotion of gay rights in Africa. RICCI SHRYOCK/THE ASSOCIATED PRESS

U.S walks tightrope in Africa over gay rights

A first. The U.S. embassy in Ivory Coast hosted a gay pride reception attended by about two dozen openly gay Ivorians

A young man wearing rainbow suspenders entered the heavily-guarded residence of the United States ambassador to Ivory Coast in Abidjan. So did a transgender woman in a ruffled, purple gown, as well as seven men wearing matching baby blue pants and neckties.

The U.S. embassy here made history earlier this month by hosting a gay pride reception attended by about two dozen openly gay Ivorians. Despite the groundbreaking nature of the event, reporters were barred from attending, and the only mention of it was a short blurb on the embassy website posted the following week.

The handling of the event encapsulates the U.S. administration's cautious promotion of gay rights in Africa, an issue that is likely to come up during U.S. President Barack Obama's visit this week to three African nations — South Africa, Senegal and Tanzania — the last two of which punish homosexuality with jail time. The U.S. has made it a priority to promote gay rights overseas, but officials pick and choose when they talk about it, often citing concerns about igniting a backlash that could endanger local activists.

At the reception, Ambassador Philip Carter thanked the guests for their courage in the face of persecution and vowed that the U.S. would continue to advocate on their behalf, according to three Ivorians invited to the event as well as two U.S. diplomats. During the event, the talk turned to how Obama — a widely admired figure across Africa — would promote gay rights on his second visit to the continent since taking office.

"I asked the ambassador whether Obama would discuss the issue when he goes to Senegal," said Claver Toure, who attended the private reception and is executive director of the gay and lesbian group, Alternative Cote d'Ivoire. "It will be very important for him to talk about us with African leaders, and also in his speeches. It will give us strength to let us know that we are not alone."

THE ASSOCIATED PRESS

Political turmoil

Skipping Kenya

When Obama arrives in Africa this week, there will be one notable omission from his travel itinerary: Kenya, the birthplace of his father and home to many of his relatives

Concerns about Kenya's political situation have trumped Obama's family ties. Kenya's new president is facing charges of crimes against humanity in the International Criminal Court, accused of orchestrating the violence that marred the country's 2007 election. **THE ASSOCIATED PRESS**

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Gas plant scandal

McGuinty to get grilled over emails

Former Ontario premier Dalton McGuinty will face some tough questions on the destruction of government emails when he returns Tuesday to testify at legislative committee hearings into the cancelled gas plants.

"This is a chance for some real answers," New Democrat Jonah Schein told reporters as he listed a series of questions the party plans to ask.

"Why did the premier's office destroy emails? What were the Liberals trying to cover up? When did Kathleen Wynne ask Dalton McGuinty about missing emails? Will the Liberals take responsibility for destroying key information about the gas plants, or will they continue blaming staff?"

THE CANADIAN PRESS

It's time for online: Elections Ontario

Ease of voting. Chief electoral officer says move may help reverse abysmal voter turnout

The province should test online voting with a pilot project during a byelection down the road, Elections Ontario recommends.

In a two-part, 271-page report to the legislature tabled Monday, Chief Electoral Officer Greg Essensa said it's time to embrace technological change in order to encourage more people to vote.

"We need to identify and remove barriers in our processes and procedures that may discourage people," wrote Essensa.

He said his weighty study will serve as "the framework that we will employ as we move forward on our principled approach to innovation."

But there are security and technological challenges to online or telephone voting, he concluded after looking at experiences in Australia, Estonia, the U.S., the U.K. and various Canadian municipalities.

There is "the need for a two-step authentication process, given the lack of a government-issued ID card or digital authentication certificate." TORSTAR NEWS SERVICE

Provincial decline

"In the 2011 general election, for the first time, voter participation dropped below 50 per cent, setting a record."

Elections Ontario Chief Electoral Officer Greg Essensa

Michelle Huycke voted online in the last municipal election in Markham, where online voting has been available for the last three elections, and voter turnout has increased by 43 per cent. COLIN MCCONNELL/TORSTAR NEWS SERVICE

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HBC eyes Saks Inc. purchase

Department stores. Retailer is said to be interested in buying prestigious U.S. chain

Department store owner Hudson's Bay Co. is looking to expand its presence in the U.S. with the purchase of high-end retailer Saks Inc., says a source close to the potential deal.

Hudson's Bay has been eyeing the beleaguered American department store chain for the past few months, they said.

HBC is "always looking for stuff like this," said the source Monday, who spoke on the condition of anonymity.

"(Chief executive) Richard Baker is always looking to add value and look for growth."

The source said HBC is looking to buy all 41 department stores under the Saks banner, including the iconic location on New York's Fifth Avenue, which opened in 1924. The stores would also likely stay open under the Saks name.

The source said Hudson's Bay is one of a number of potential buyers vying for Saks, which means that a deal could happen quickly. One of the reported obstacles of the acquisition is the current valuation.

"There are other people that are also considering (Saks)," said the source.

HBC declined to comment on the report.

Morningstar analyst Paul Swinand said rumours about Saks being sold to various buyers have circulated for at least a year. THE CANADIAN PRESS

Quoted

"It would be a good strategic step. It would widen their brand presence obviously and could certainly provide the entry into Canada for Saks."

Retail consultant Wendy Evans

Market Minute

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Wilderness vandals target U.S. sites

A woman jumps near graffiti-covered rocks at Sapphire Falls in Cucamonga Canyon on Sunday in the Angeles National Forest near Rancho Cucamonga, Calif. In response to massive graffiti vandalism, the city of Rancho Cucamonga is denying access through non-national forest land, actively enforced with $250 US citations. While hikers must now use difficult and dangerous routes on national forest land to reach the popular falls, teams of graffiti vandals continue to spray-paint the area at will. An epidemic of vandalism against natural, archeological and historical sites has also led to the closure of historic Barker Dam and the popular Rattlesnake Canyon hiking area of the Wonderland of Rocks in Joshua Tree National Park.
DAVID MCNEW/GETTY IMAGES

Design your own doughnut. Jason Priestley will help judge Tim Hortons contest

Vancouver-born celebrity Jason Priestley will help Tim Hortons pick the winner of a contest it has launched asking Canadians to design a new doughnut.

The competition offers a $10,000 grand prize to the person who designs its next pastry, using a website and Facebook page dubbed Duelling Donuts.

Priestley had a cameo in an episode of the sitcom How I Met Your Mother last February that played on the idea of a Canada obsessed with Tim Hortons.

The episode featured a faux documentary where Priestley bragged about his role in the creation of a new doughnut called The Priestley. Tim Hortons later made the doughnut by stuffing a chocolate Timbit inside a strawberry-vanilla doughnut.

The Priestley. TIM HORTONS

Tim Hortons says it hopes to find similarly original doughnut ideas, asking the public to try to beat The Priestley.

Priestley and a panel of other judges will choose eight finalists from the entry pool, open until July 21, before the public votes on a winner in August. THE CANADIAN PRESS

Beijing. U.S. factory boss held hostage by workers demanding severance

An American executive said Monday he has been held hostage for four days at his medical supply plant in Beijing by scores of workers demanding severance packages like those given to 30 co-workers in a phased-out department.

Chip Starnes, 42, a co-owner of Coral Springs, Fla.-based Specialty Medical Supplies, said local officials had visited the 10-year-old plant on the capital's outskirts and coerced him into signing agreements Saturday to meet the workers' demands, even though he sought to make clear that the remaining 100 workers weren't being laid off.

The workers were expecting wire transfers by Tuesday, he said, adding that about 80 of them were blocking every exit around the clock and depriving him of sleep by shining bright lights and banging on the windows of his office. He declined to clarify the amount, saying he wanted to keep it confidential.

"I feel like a trapped animal," Starnes said on Monday from his first-floor office window, while holding onto the window's bars.
THE ASSOCIATED PRESS

Chip Starnes THE ASSOCIATED PRESS

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KIMYE PUT DAUGHTER ON THE MAP

SHE SAYS

Jessica Napier
metronews.ca

Kim Kardashian and Kanye West shocked the world last week when they rejected Kardashian family tradition and decided not to give their daughter a name starting with the letter K. Instead, the new celebrity parents decided to go in a different direction (pardon the pun) and name their baby girl North West — effectively turning the announcement of their newborn into a bad joke.

The directional name might have sent a collective groan through the Interwebs, but it wasn't all that surprising. Kimye are probably the most narcissistic couple on the planet so it makes sense that they would bestow such an attention-grabbing moniker upon their firstborn. Goodness knows that celebrity-baby BFF Blue Ivy wasn't going to be seen hanging out with any ordinary Ava or Olivia.

But this cutesy combination name sounds more like a brand name than a baby. I can picture it now: Bottles of "North" by North West perfume lining shelves alongside Kardashian Kolors nail polish. Or perhaps she'll launch her own line of stylish toddler apparel emblazoned with compasses pointing toward her namesake.

North West may induce a lot of eye-rolling, but I'm on board with the unusual baby-name trend. My own name happens to be the most popular girl's name from the year I was born and I have often cursed my parents for their lack of originality. I was one of six Jessicas in my grade and constantly mistaken for one of the five Jennifers. The only upside of having such a popular name is that I can always find my nameplate key chain at a souvenir shop. The Jolie-Pitt clan would be so jealous.

Commonplace names can leave kids feeling lost in the crowd; however, children with obscure names are an easy target for ridicule. And while school kids may be cruel, the Twitterverse is even worse. North West already has Twitter parody accounts poking fun at her and she's only 10 days old.

She may be the celebrity joke of the month, but Kim and Kanye's kid could inspire a new trend toward directional baby names. Bizarre names are nothing new in Hollywood and occasionally the less radical ones will trickle down to the mainstream. Brooklyn — a relatively uncommon choice when Victoria and David Beckham selected it for their son in 1999 — was the 23rd most popular girl's name in Canada last year. Although, fruit names such as Apple, Clementine and Peaches haven't exactly soared in popularity.

It's hard to say if cardinal points as names will catch on among the general population, but at least little baby North West will never have any issues with people misspelling her name. Unless Kim actually did decide to uphold the Kardashian family tradition and name her "Knorth" with a silent K.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Thanks for the lift through London

JEFF MOORE

Magician catches a ride on the outside of a bus

British illusionist Dynamo has wowed Londoners by levitating in the air while holding onto the top deck of a 4.57-metre red double-decker bus.

The 30-year-old entertainer — whose real name is Steven Frayne — appeared to use one hand to hold himself in the air. METRO

Q and A

It's 'impossible to explain,' he says

DYNAMO
Real name: Steven Frayne, 30, magician, from Bradford, northern England

Levitating on an iconic London red bus: How did it feel?
It was the best perspective I have ever had of London. I could see all the great landmarks, but at times it was quite scary — the bus had to dodge big branches of trees hanging over the roadside.

How did the public respond on the street? I could imagine a poor old lady getting a big shock ...
(Laughs) No, I don't think so. All I could see were people smiling and waving. I think I'm actually quite popular with the older generation.

Come now, how did you do the trick? It must be a fake arm bolted to the side of the bus ...
No, my arm is really there — and fully intact. And quite frankly it's impossible to explain because it's one of those things where I do what I do and let people come to their own conclusions.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

BRENDA STARR/FLICKR

A talent I'm truly envious of is the ability to entertain a room by simply spinning a fine yarn. It's a talent I don't have and I long ago learned to defer to more gifted storytellers, many of whom can be found anchoring these podcasts:

Risk!

A short storytelling podcast with a rotating cast of yarn-spinners, not unlike The Moth. Except completely unlike The Moth in that it's frequently crude, embarrassing and strangely relatable.

True Story

Taking place on a stage of themed dinner parties, True Story tends to be a little more emotionally raw when compared to the antics of Risk!, but that doesn't mean there isn't room for the occasional tale of underwear-related struggles.

On Taking Pictures

It would be unfair to talk about storytelling without mentioning photography, and hosts Jeffery Saddoris and Bill Wadman's thoughts on the philosophy and science behind exploring the world through a lens can be fascinating stuff, even for pocket photographers.

Comments

RE: Does Canada Need An Anti-'Revenge Porn' Law? Published online June 24

While it is never OK to post a pic of your ex to a porn site, it would be just so much easier if the pic was never taken! People have to realize that doing something "online" means that you are at the discretion of others, and those others may not be trustworthy.

Donna posted to metronews.ca

We shouldn't victim-blame.

The real problem are the people using the personal pics that were sent to them in good faith to act maliciously.

Those are the people that need the lectures ... those are the people that need to be held accountable for their malicious behaviour.

Mandy, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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Everyone gets old

Orson Welles was a handsome 20-something. Marlon Brando was a sex symbol. Time wasn't kind to either. But time has been kind to many of our own era's former hot young actors, who've avoided binge eating, heavy smoking and other vices to keep looking young and fit even as they creep up in age.

MATTHEW PRIGGE
Metro World News in New York

Brad Pitt

Age: 49
First blush: A Robert Redford look-a-like, one of his first prominent jobs was acting for Redford in his A River Runs Through It. That was off the heels of his Thelma and Louise breakthrough, in which a 28-year-old Pitt let Geena Davis massage his six pack. That was over two decades ago.
Today: A special effects team didn't have to work too hard to make him look 20ish late in Benjamin Button.

George Clooney

Age: 52
First blush: The nephew of Rosemary Clooney (and son of AMC charmer Nick Clooney), George was a mulleted himbo on Facts of Life and a scene stealer on Roseanne. It wasn't until E.R., at 33, that he became sex god. By his 40s he had fully embraced the Cary Grant persona.
Today: Cary Grant retired in his early 60s, as he didn't think the world wished to watch him grow old. Clooney doesn't seem like he'll do the same thing.

Will Smith

Age: 44
First blush: He was that nice kid who made nice raps that your parents would like. Indeed, he's the least threatening person to ever record a song about how parents suck.
Today: He's a dad himself. He's by no means old, nor looks it, but he does have a teenager.

Russell Crowe

Age: 49
First blush: The Aussie didn't completely break through into America until Gladiator at 36. But more adventurous viewers were all about him since he was 26, when he delivered a rollicking performance in 1991's Proof.
Today: Along with Kevin Costner, he's one of Superman's two dads. He's oozed the kind of weary gravitas you get from older, seasoned actors since the start. But now he's really starting to look the part, especially once he started putting on a bit of weight.

Kevin Costner

Age: 58
First blush: At one point, Costner was the biggest star in the world. He got people into multiple films that cracked the three-hour mark, including one fever dream that made up facts to buttress the conspiracy that everybody but Oliver Stone killed Kennedy.
Today: He's Superman's other dad. More important, he's aged into the kind of performer he always wanted to be.

Alec Baldwin

Age: 55
First blush: For more than a decade, Hollywood tried to make the elder Baldwin a slim movie stud. He even got it on in The Getaway with then-wife Kim Basinger, producing scenes too hot for theatrical exhibition.
Today: Like Russell Crowe, he got even better once he put on some weight. In an episode of 30 Rock, Jack Donaghey hands Liz Lemon a photo from his youth. She freaks. He asks for it back. Even older, fatter Alec is into younger, slimmer Alec.

DVD reviews

The Incredible Burt Wonderstone

Director. Don Scardino

Stars. Steve Carell, Steve Buscemi, Jim Carrey

No amount of smoke and mirrors can hide the burst seams, frayed wires and bad-hearted humour of The Incredible Burt Wonderstone. Steve Carell, Jim Carrey, Steve Buscemi, Olivia Wilde and James Gandolfini star in this comedy of one-upping Las Vegas magicians, but they aren't given much that's funny or magical to work with. Directed by Don Scardino (TV's 30 Rock) and scripted by Horrible Bosses writers Jonathan Goldstein and John Francis Daley, the movie goes in more directions than a lost white rabbit. It's part laugher, part drama, part romance, part bromance, part comeuppance, part redemption, part nostalgia trip, part social critique, partly sweet, partly gross ... and a whole lot of nothing that really clicks. Extras include deleted and alternate scenes, a gag reel and making-of featurettes.

PETER HOWELL

Basic Cable and Digital Box required for On Demand programming. On Demand not available in all areas. Programming subject to change without notice. The Incredible Burt Wonderstone © 2013 New Line Productions, Inc. All Rights Reserved.

‘I don’t really cater to what’s going on in hip-hop’

Ice Cube as chill as ever. Rapper continues to pride himself on not being swayed by popular themes of the genre

LAUREN CARTER
Metro World News

Ice Cube has parlayed a hardcore rap career into an entertainment empire that spans movies, television and product endorsements. But the former N.W.A. member and solo artist known for groundbreaking albums such as AmeriKKKa’s Most Wanted and Death Certificate has no plans to switch up his politically charged style. While mainstream rap drowns in escapist tales of cars, clubs and fancy cribs, he says fans can expect “vintage Ice Cube” on his forthcoming album, Everythang’s Corrupt.

“Everything that you’ve ever gotten from me, I deliver on this record,” he says.

Ice Cube — born O’Shea Jackson — is also working on a feature film about Compton collective N.W.A. that will reunite him with Friday director F. Gary Gray. ALL PHOTOS GETTY IMAGES

“My style is straight street knowledge. I don’t really cater to what’s going on in hip-hop or what’s going on in the industry, so to speak. I just dial in on Ice Cube fans and try to keep them satisfied, and everybody else gotta get in where they fit in. I don’t want to have to worry about no program director here or no A&R there. That makes it a drag, and being independent, I can just go in the studio and do what I feel.”

While he wraps up his 10th album, the actor, writer, producer and director is in talks with distributor New Line Cinema to close out the Friday franchise with final instalment Last Friday.

“We’re trying to get it done,” he says. “New Line has really been neutered by Time Warner, so they can’t do as many movies as they usually do per year. So it’s just a fight to get Last Friday on their schedule. They only got three or four movies to do a year, and urban comedy is probably low on the totem pole.”

Public preference

Ice isn’t shy about revealing who his favourite emcee on the tour is. That’s because it’s his favourite rapper of all-time: Public Enemy’s Chuck D.

- “It’s like being on tour with your big brother,” Cube says. “He’s just one of those dudes who — pound for pound, lyric for lyric — has done the most out of any emcee, because he ain’t just rapping no bulls—.

- “It’s something real. And even when rapping about bulls— is popular, I mean, he still stick to what he do. That’s great. For artists like myself, and him being one of my peers and me really looking up to Chuck, it’s good that he sticks to the script.”

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

At least Kanye and Kim's daughter has some direction

THE WORD
Dorothy Robinson
scene@metronews.ca

So there is an actual sane reasoning behind Kanye West and Kim Kardashian naming their daughter North West.

A report from TMZ says that Kim and Kanye believe North is "their highest point together as a couple... the pinnacle of the relationship... and they consider her their 'North Star.'"

That is adorable. But didn't they factor West's last name into this decision?

That she is going to sound like a direction for her entire life?

Where is the explanation for that?

Justin Bieber

Lots of love between Biebs and his manager

Justin Bieber's slew of headline-grabbing antics reportedly have his longtime manager Scooter Braun considering desperate measures to fix the situation — like sending Bieber to rehab, according to Radar Online. "His partying is creating problems. Scooter is very worried about him," a source says.

"Scooter wants him to go to rehab to get his act together. Justin needs to get away from the bad influences in his life." Looking to combat rumours that there might be any tension between them, Bieber and Braun posted an Instagram video of them embracing to the strains of I Will Always Love You.

Twitter

@Pink
I reply to mean people sometimes because it makes me laugh. I like to show the ridiculousness of it all. All is well. Love is bigger.

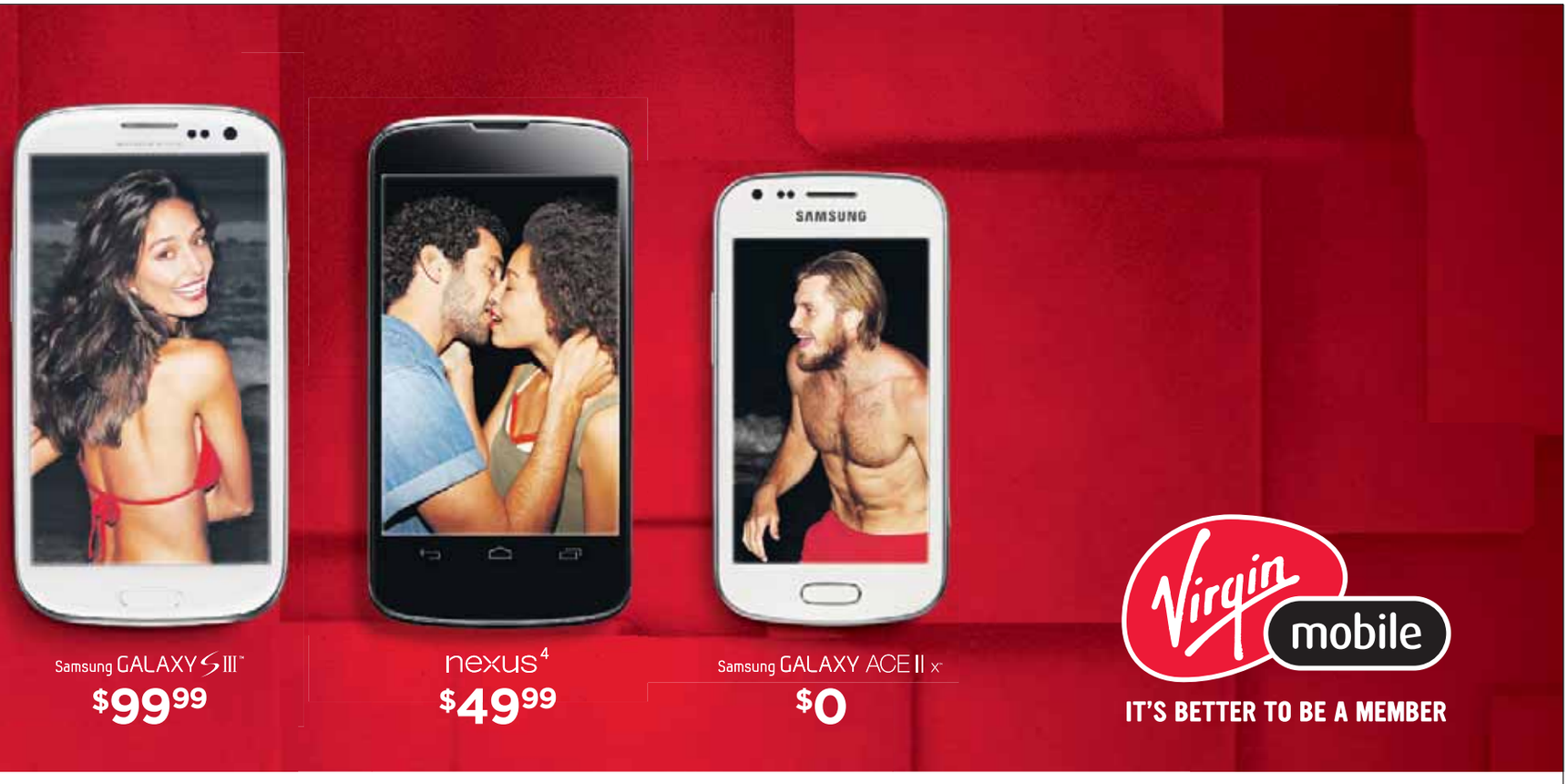
@kirstiealley
this reminds me of when I was a cocaine addict but used to call my Dr. before I took certain vitamins

@TheRealNimoy
Alaska. First time here since 1972. Great people. Amazing state.

Independence Day sequel won't have Will Smith

Nearly 20 years after its blockbuster release, Independence Day is officially getting a sequel — but Will Smith won't be in it, according to the New York Daily News. Director Roland Emmerich says the followup to the 1996 alien invasion hit will make its way to theatres in the summer of 2015 but without the original film's star. "Will Smith cannot come back because he's too expensive, but he'd also be too much of a marquee name," Emmerich says.

Will Smith



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† Source Health Care Analytics, 2012. © 2013 P&G

Solving beach-body blahs

Tony Martinez, Britney Spears' trainer, offers four super simple moves to help you fix some common issues

ROMINA MCGUINNESS

My arms jiggle.

Do a one-arm bicep curl followed by a one-arm tricep kickback
Get into it: Grab a resistance band. Stand with your legs hip-width apart. Stand on one end of the band with your right foot and grab the other end with your right hand. Place that hand on your thigh. Lift your left leg off the ground so that you're balancing on the right leg. Turn your right wrist in and curl your hand in toward your right shoulder. Now bend your knee 30 degrees and bring your right arm back, almost like you're swinging a hammer behind you. Bring yourself back to standing. Repeat on the left side. Do 10 reps on each side, two to three sets, two to three times a week
Benefits: This shapes and strengthens the bicep and tricep muscles, making your arms look lean.

My thighs touch and get sandy, giving me a rash.

Do side-to side-lunges
Get into it: Stand with your feet parallel and hip-with apart. Lean to the right side, touch your ankle for 1 second and come right back up. Now lean to the left, touch your ankle and come back up. Do 10 reps, two to three sets, two to three times a week. Have no more than a 15-second rest between each set.
Benefits: This move will help shape, tone and tighten the inner and outer thighs as well as the hips and glutes.

I have a flat, saggy bum.

Do bear crawl butt squeezes
Get into it: When we walk, we always go forward. So let's try going backwards. Get yourself in a push up position. Lift the right leg up and, pulse it five times. Now take two steps (or hops) back. Pulse that leg five more times and once again, step or hop back two steps. Do five sets of five pulses (hopping/stepping back between each series of pulses) before switching to the left side. Do 10 reps (five on each leg), three sets, two to three times a week.
Benefits: This will firm and tighten your bum by firing up your glutes.

I have man boobs.

Do chest presses
Get into it: Grab a resistance band. Fix it under a door. Hold the band with both hands, holding your arms up in a 'W' position. Balancing on your right leg only, bring your right arm out at a 45-degree angle and then bring it back in. Switch sides. Do 15 reps, two to three sets, two to three times a week
Benefits: No man boobs.

Smart nutrition

What to eat

If you want to lose a few pounds fast, lower your portion size and include protein. "Protein makes you feel fuller and helps you generate lean muscle mass," explains Martinez.

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The next stage in my life
At 44, I thought I was a bit young to be going through menopause, but 2012 turned out to be the beginning of the next stage in my life. My periods were erratic. Some months nothing and others I had 2. Most of the time I didn't know when they were coming, or how heavy they would be. Then finally nothing.
I decided to get my blood checked, which confirmed that my hormone levels had changed and the "big M" had started. Then the sweats began – up to 20 a day. I was exhausted, felt run down and wasn't eating properly. A friend recommended A.Vogel Menopause. She told me that it would take a while before I would feel better but to stick with it.
Well, 3 weeks later, I'm a different woman. I'm down to 2-3 sweats a day and I feel so much better, more energetic and better rested.
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Bless you! Kids don't need to be kept inside — just be careful where you bring pollen and dust mites

ALISON BOWEN
Metro World News

They are so small you can't even see them, but beginning later this month, they might be your child's worst enemy. Allergens like pollen and dust mites get worse during the summer, starting in late June, says Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy. These can trigger children's allergies or asthma.

Ozone helped along by a warm city creates high ozone levels in July and August.

Many city buildings might have a cocktail of allergens, too, he says — including dust or the even-more-unpleasant mice, rats and cockroaches.

"If you look at a (older) building, they've been there longer than you," Mainardi notes.

Kids don't need to be sealed away from outside allergens, either, he says — just be careful not to bring them into bed when you get home. For example, if a child has been playing in the park all day, don't let them strip off those clothes and lay them on the bed. Keep shoes outside the bedroom, too.

"Those are impregnated with pollen," Mainardi says.

And keep an eye on when ozone is high — for example, the early afternoon is when levels are at their peak.

"When you have high sunlight and high traffic, that's when you have high ozone," he says.

Air conditioners help filter air and keep out humidity, Mainardi advises. And if nothing else?

"Dunk them in the shower before they go to bed at night."

Summer allergens can trigger children's allergies or asthma. ISTOCK PHOTOS

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Keep them clean

"Dunk them in the shower before they go to bed at night. It's really the super simple things."

Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy, on keeping kids from suffering through allergies and asthma

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SEE WHAT GIRLS ARE SAYING AT FACEBOOK.COM/ALWAYS

The skinny on three recent fad diets

Health issues. Every weight loss method has a pro and con

MEREDITH ENGEL
Metro World News

Fad diets come and go.

We got to the bottom of a few of them. Here is what we learned.

The alkaline diet

What it is

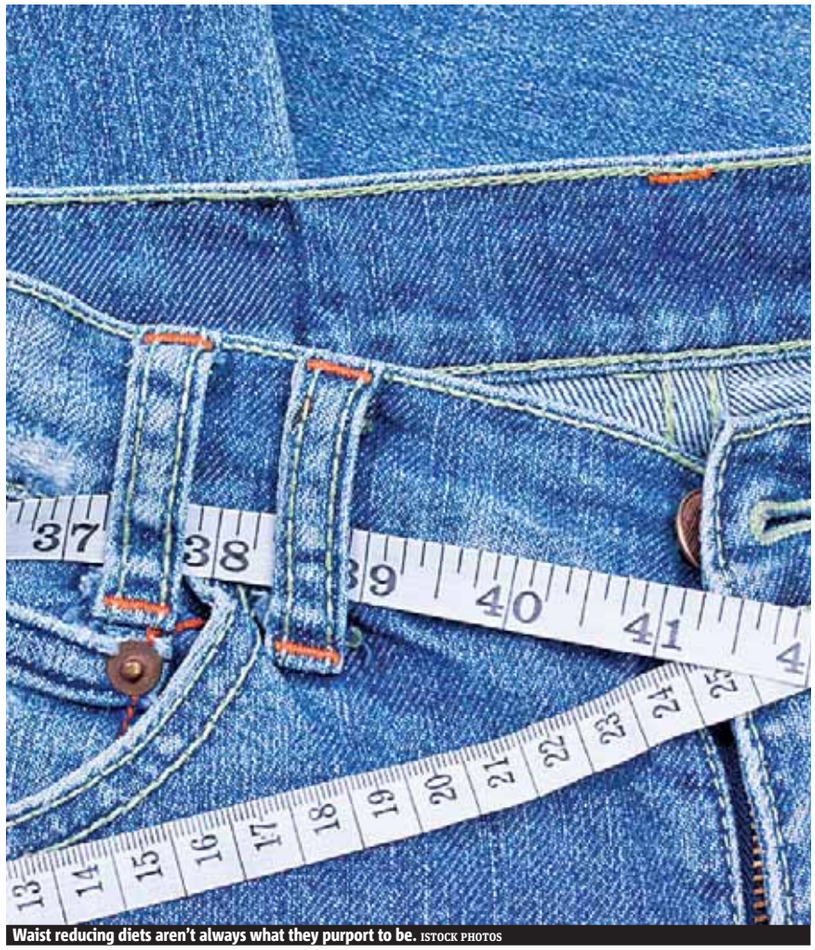
Remember the pH scale from chemistry? Proponents of the alkaline diet say that we should eat to keep our bodies' pH level more alkaline than not in order to prevent illness and weight gain. People on it go without grains, fish, meat, poultry, dairy and salt, and load up on fruits, green veggies, soy, lentils, seeds and nuts.

Pro

"Our bodies function best when in an alkaline state," says Vicki Edgson, nutritional therapist and author of Eating the Alkaline Way. She says eating alkaline helps counter constipation, skin problems, heart disease and a host of other problems.

Con

"I'm promoting the healthiest, most real foods — so if you're eating that way, chances are the acidity of your body will fall into the right place," says Keri Glassman, author of The New You and Improved Diet.



Waist reducing diets aren't always what they purport to be. ISTOCK PHOTOS

The 5:2 Bikini Diet

What it is

Get a hot bod by cutting calories two days a week (women eat 500 calories per day, men eat 600).

Pro

"By eating only 500 calories two days a week you will not only get bikini-ready in no time and lose up to 14 pounds in four weeks, but you'll also dramatically lower the risk of age-related illnesses," says the book's author, Jacqueline Whitehart.

Con

"The first red flag whenever you hear about any fad diet is if it purports a quick fix," counters Joan Salge Blake, a clinical associate professor of nutrition at Boston University.

"There's no way you can safely lose a tremendous amount of weight in a short amount of time."

The blood type diet

What it is

Your blood type is thought to have an impact on your digestive system — some fare better on plant-based or low-carb diets, for example.

Pro

"If, God forbid, you go to the hospital and you get the wrong blood type, you have a major problem," says JB Berns, who created the Blood Type Workout.

"On that level, (though) less intense, if you don't eat the correct foods, nor exercise the correct way, you're not gonna yield as good results."

Con

"The foods suggested are healthy; however ... any diet that promotes restricting food groups will be hard to sustain in the long run," says author of The Small Change Diet Keri Gans.

Need to know tip

The only weight loss advice you'll ever need

- **Quote.** "When you need to lose weight, it's a matter of cutting back on calories, expending more than you take in and going at a slow and steady pace," Blake says. "If you need to lose weight, set your goal for losing for 10 per cent of your body weight over six months. It takes into (account) where you're starting at; somebody losing 100 pounds is gonna be able to do it a little faster."

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Screen your sun protection options

Select the right sun protector to suit your summer sojourn.

RICHARD PECKETT
life@metronews.ca

The water baby

Are you intending to spend your summer submerged in the sea? Then take heed of the old adage, "Water water everywhere but not a drop to drink." The saying rings true for your hair and skin, too. Salt and chlorine can strip your skin of much-needed moisture, leaving your body feeling parched. The chelator, babassu and tamanu oils in Aveda's Sun Care Hair and Body Cleanser help remove water nasties, while restoring and protecting moisture balance.

AVEDA SUN CARE HAIR AND BODY CLEANSER $21, AVEDA.COM

The adventurer

If you're the kind of chap who likes to feel the burn (muscles not skin) during your summer hols, this product is for you. Unlike conventional SPF creams, which tend to streak away while you sweat, Kiehl's Cross-Terrain Face Protector has a solid beeswax texture designed to sink into skin, to keep wind and sun damage at bay.

KIEHL'S CROSS-TERRAIN FACE PROTECTOR SPF50 $26, KIEHLS.COM

City break

The Anthony Natural Advanced Formula Lip Balm is a matte balm (no girly lip gloss effect, here) with antioxidant properties that nourish lips and stevia, a natural sweetener that freshens your breath — ideal if you're heading to some bustling urban bars.

ANTHONY NATURAL ADVANCED FORMULA LIP BALM SPF 25 $8, ANTHONY.COM

Beach boy

While there can be no greater pleasure than a nice long lie-down in the sun, punctuated with a cooling dip in the sea, it does have its obvious dangers. Shiseido's Ultimate Sun Protection Lotion+ SPF 50 claims to prevent sun spots by shielding the inner cells and DNA. On top of that, it's also water-resistant for 80 minutes, meaning fewer re-applications.

SHISEIDO ULTIMATE SUN PROTECTION LOTION+ SPF 50 $39, SHISEIDO.COM

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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VICKS®

Play the role of BBQ hero with a Smoked Pork Tenderloin

1. Pre-heat barbecue to high. Place pork on plate, cover with plastic wrap and let sit 20 mins.

2. Meanwhile, drain water from wood chips. Place soaked wood chips on 2-ft (.60 metres) piece of heavy duty foil. Wrap to make packet; with tip of knife, poke 8 holes. Place on rocks in barbecue; close lid and let smoke develop, 15 mins.

3. Brush tenderloins with oil; season with salt, pepper. Lower heat to medium. Grill covered, rotating pork on all 4 sides, until juices run clear when pork is pierced and just a hint of pink remains, about 25 mins or until meat thermometer registers 165 F (74 C). Remove to clean plate, loosely cover with foil; let rest before slicing.

4. Fontina Cheese Sauce: Pre-heat saucepan to medium-low heat. Add 3 tbsp (45 ml) butter and garlic; sauté 4 mins. or until golden brown. Add wine, 4 basil leaves and bay leaf; increase heat to medium-high and cook until reduced to 1/2 cup (125 ml), about 20 mins.

This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

5. Stir in cream, honey, mustard, pepper, salt and nutmeg; reduce heat to medium and cook, stirring 15 mins. or until sauce coats the back of a spoon.

6. With wooden spoon, stir in cheese; lower heat to low. Cook stirring until the cheese is melted. Remove from heat and cool for 5 mins. Remove and discard bay leaf. In a blender, purée sauce along with the remaining 1/2 cup (125 ml) of basil, until smooth.

7. Serve sliced smoked pork with the creamy Fontina cheese sauce. CHEF RICHARD JULIEN/ DAIRY FARMERS OF CANADA

Ingredients

- 2 pork tenderloins, trimmed of any silver skin, about 1 lb (500 grams) each
- 2 cups (500 ml) apple wood smoking chips (soaked in water for at least 1 hr)
- 2 tsp (10 ml) vegetable oil
- kosher salt and pepper

Fontina Cheese Sauce

- 3 tbsp (45 ml) butter
- 6 cloves garlic, minced
- 2 cups (500 ml) white wine
- 4 basil leaves, plus 1/2 cup (125 ml) packed, divided
- 1 bay leaf
- 1 1/2 cups (375 ml) 35% whipping cream
- 2 tbsp (30 ml) liquid honey
- 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) fresh cracked black peppercorns
- 1 tsp (5 ml) kosher salt
- 1/4 tsp (1 ml) ground nutmeg
- 1 cup (250 ml grated Canadian Fontina, smoked Gouda or Oka cheese

Health Solutions

Sumac: Not just for shade

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You get a flat tire on your way up to the cottage so you pull over, call for help and sit under a sumac.

Don't just sit there, do something! Ripe red sumac is one of the healthiest wild plants in the country. You are sitting under it for shade, you may as well sample.

Never gather white drupes (the clusters that look a bit grape like). You want the ripe berry red ones.

- Use them to make a drink called "sumac-ade," "Indian lemonade" or "rhus juice." It is a very lemony beverage made by soaking the drupes in cool water, rubbing them to extract the flavour and then straining the liquid through a cotton cloth. Some like to stir in a bit of sugar or honey to sweeten.
- Sprinkle some of the lemony liquid in salads for added ORAC. (The measurement of anti-oxidant power in foods is called Oxygen Radical Absorbency Capacity or ORAC.)
- Dry them in the sun and grind them into a spice as in Middle Eastern cuisine.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

DO YOU USE OPIOID DRUGS?

Healthy men and women ages 18 to 55 who have experience with opioid drugs such as morphine, oxycodone, heroin or codeine are needed for a clinical research study.

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Of meetings and melting.
Help your employees beat the heat this summer

Are you working in an environment without air conditioning this summer? Indoor or outdoor work conditions can pose a hazard to employees in the intense heat, so here are a few precautions any company can take to provide relief:

Outdoor work conditions

• One frequently overlooked summer risk is sunburns, but providing sunblock for your employees is a quick and easy way to provide them with some comfort and peace of mind on blazing days.

• Keep your workers hydrated. Ensure there is plenty of bottled water on-hand for all workers, both inside and out.

• Aside from water, sport drinks and nutrient replacement drinks can help replenish the body's lost electrolytes.

• Provide breaks for workers to take a rest and have a snack or drink. In the summer heat, it is very easy to lose focus when dehydration sets in, and in outdoor settings such as construction, maintaining a high degree of focus is important to everyone's safety.

• Ensure there is access to shade. Whether it's a small sport shade, a tent or a nearby air conditioned area, make sure workers can get a break from the relentless sun on very hot days.

Indoor work conditions

Stock up on supplies. Companies such as Staples Advantage Canada suggest summertime necessities such as sport drinks, bottled water, and even first aid kits. Your employees are worth protecting all year round, they say.

NEWS CANADA

A private urban farm for your balcony or backyard

Green on the scene.
Christopher Wong and his team will help you plant your own pesticide-free oasis

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Young Urban Farming

Where: 5863 Leslie St., North York

Why: "Food is such a critical part of our lives and for many years people have been disconnected from it. Not knowing what pesticides are used, where their food is coming from or how it's been handled, " says co-founder Christopher Wong.

A fertile future awaits city dwellers across the country. All they have to do is look up or peek over their neighbour's fence to take advantage of the growing — pun intended — business model.

Need some cilantro? Look to your patio not the produce aisle. In desperate need of onions? Check out your own backyard.

Christopher Wong, 27, and his team are helping urban consumers produce their own chemical-free herbs and vegetables, from chickpeas to tomatoes, in their own backyards and a growing number of condo balconies.

The inspiration for the business, which launched in 2007, was born while Christopher was studying at Queen's University.

"The 100-mile diet and the trend toward locally-grown food was just starting and my classmates and I knew there would be an opportunity for people like us who want to improve their relationship or re-connect with their food."

How does it work? Christopher and his team of four help clients choose the herbs and vegetables they want to grow, then plant them in wooden boxes. Easy peasy.

And if you'd like the crew to look after your patio, deck or balcony garden, they'll do that too — without using chemicals or pesticides.

"There are a lot of misconceptions that gardening is difficult and hard work and it can be like that," he admits, "but it can also be enjoyable and something to look forward to. We help create and maintain their gardens so people and families can learn to enjoy it."

What on earth are you doing with your day? This hobby might just end up growing on you. ISTOCK

Go to metronews.ca/voices/mom-and-pop-shops to see how you can create your own urban garden.

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A FRESH TAKE ON LOYALTY POINTS

CHOICEPLUS CARD FROM AMERICAN EXPRESS

Whether embarking on a road trip or planning a staycation this summer, it's important to maximize your reward potential with a card that fits your life and shopping habits.

The new ChoicePlus Card from American Express, which launched last November, has a fresh take on the loyalty and rewards model. When it comes to earning rewards, ChoicePlus Cardmembers are in the driver's seat with the ability to choose five of their favourite retailers where they can earn double points every time they spend. And with more than 100 retailers to choose from spanning home, entertainment, fashion, dining, travel, and everyday essentials like gas and grocery, the ChoicePlus Card is designed with the Cardmember in mind.

"As a fashion blogger, I'm spending my summer shopping for the season's hottest fashion and beauty trends, which is why I choose to earn double the points at my favourite stores like the Bay and H&M," says Sharon Ng Hayes, founder of fashion blog The Backseat Stylers. "It's refreshing to find a card where I can earn double rewards at the places that I choose to shop."

Here is how you, too, can maximize your rewards this summer, whether you are road tripping or relaxing at home.

THE ROAD TRIPPER

Opt for retailers like Enterprise, Shell and McDonald's as part of your five places so you can earn double points every time you rent a car, stop for gas and stock up on coffee and snacks along the way.

THE STAYCATIONER

Spending your vacation at home doesn't mean you have to miss out on all the fun. Use your time off to throw a backyard barbecue with friends and family. Select retailers like the Bay, Walmart, Sobeys or the LCBO as part of your five places and you can earn double reward points as you stock up on everything you need to throw the ultimate bash and impress your guests.

What can you do with all those points? The points you earn can be easily redeemed though the Choice by Membership Rewards collection. Treat yourself to something special like a spa day, a gift card to your favourite store, that trip you have been planning or a variety of other rewards across travel, shopping, dining and entertainment.

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BRUSH UP ON DENTAL HEALTH

We make sure to brush our teeth daily — but how about our dogs?

"Dental care is important for dogs — at least 85 per cent of pets experience periodontal (gum) disease," says Dr. Sharon French, a veterinary dentist at the Veterinary Emergency Clinics in Toronto and a Fellow of the Academy of Veterinary Dentistry. "They suffer in silence and, often, we don't realize they are in pain until it becomes a very big problem.

"The classic signs of oral disease are a reluctance to chew hard things, chewing treats or dry food more slowly, bad breath, drooling, a reluctance to yawn, pawing at the mouth and, sometimes, weight loss."

One good way to ensure your dog's mouth stays healthy is daily brushing. Occasional brushing is actually counterproductive because "it smoothes tarter, making it more difficult to remove. And if your dog's mouth is sore, it will make him reluctant to have his teeth brushed," French says.

Also, regular veterinary checkups will ensure that your dog's mouth is healthy. Even if you brush your dog's teeth regularly, your vet may recommend scaling under anaesthesia to properly and effectively clean all the teeth. Like humans, dogs occasionally need professional cleaning for their teeth. Unlike humans, however, it isn't possible to do the job properly without anaesthesia.

"While it may be possible to remove some tartar buildup on the outside surfaces, it isn't possible to effectively clean and polish areas below the gum line or on the inside of the teeth," French says. "And pet owners shouldn't try and scale the teeth themselves. Besides possibly injuring your dog, without polishing, scaling can leave grooves for tartar to build up more quickly."

There are foods, mouthwashes, treats, brushes and toothpaste designed to help keep your dog's teeth clean and gums healthy. Depending on your dog's oral health, general health and personality (i.e., whether it squirms or relaxes when you attempt to brush), your vet can recommend the right products to help you keep your dog's teeth and gums healthy and its breath fresh.

STOCKLITE/VEER

DOGS CAN, AND WILL, EAT ANYTHING AROUND

Most dogs love to eat — but what they eat may sometimes seem a little odd to their human caregivers.

Here is a quick summary of what it means when your dog eats the following:

GRASS

"Especially in spring and summer when the grass is fresh, grass tastes good to dogs," says Dr. Barb Bryer, head of emergency at the Veterinary Emergency Clinics in Toronto. Usually this is pretty safe, unless the grass has recently been sprayed with a chemical like a pesticide.

"Sometimes if the grass doesn't agree with a dog, she'll throw it up. And, sometimes, dogs eat grass when they feel nauseous to promote vomiting."

In summation, if your dog loves grass, that's fine. If its reaction to eating grass it to vomit, that's probably OK. But if it continues, better see your vet.

AVAVA/VEER

GARBAGE

In summer, garbage rots faster and smells particularly strong — this attracts dogs to eat garbage even more. Coffee grounds, onions, garlic, chocolate, plastic and bones are just a few of the harmful things that can make your dog sick.

"Gastroenteritis — diarrhea and vomiting — is a common side-effect of eating garbage," Bryer says. "Also, mould from garbage can have toxins that can cause dogs to have tremors or even seizures."

TABLE SCRAPS

Most dogs love to eat food off your table.

"Dogs like the taste and the variety — but they also see table scraps as treats because of the manner in which we give them," Bryer says.

This can lead to bad habits and it may be unhealthy for your dog, based on its age, weight and health considerations.

WHAT ABOUT PICKY EATERS?

Like humans, some dogs are just finicky when it comes to food. Some dogs are not gobblers, but grazers. If that's the case with your dog, it is nothing to worry about.

However, if your dog suddenly goes off food, this can be a signal of a health or dental issue. See your veterinarian.

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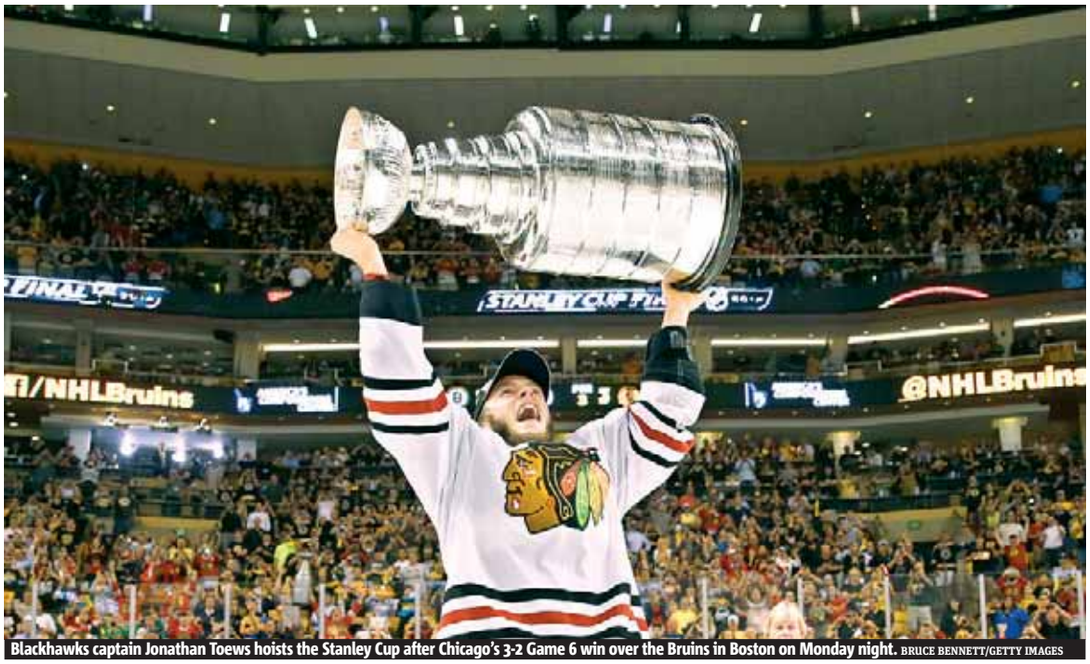


Blackhawks captain Jonathan Toews hoists the Stanley Cup after Chicago's 3-2 Game 6 win over the Bruins in Boston on Monday night. BRUCE BENNETT/GETTY IMAGES

Blackhawks shock Bruins to clinch cup

NHL. Pair of goals in dying minutes gives Chicago second championship in 4 years

Bryan Bickell and Dave Bolland scored goals 17 seconds apart late in the third period Monday as the Chicago Blackhawks won the Stanley Cup in dramatic fashion with an amazing 3-2 last-minute comeback victory over the Boston Bruins in Game 6.

Milan Lucic's third-period goal had seemed to give the Bruins a 2-1 victory and a new lease on life in the final.

But with Chicago goalie Corey Crawford out for an extra attacker, Bickell scored at 18:44 after the Bruins failed to get the puck out of their zone.

Bolland then put the Blackhawks ahead at 19:01, stunning the Bruins and the previously raucous crowd at TD Garden.

Jonathan Toews, reduced to a spectator in the final minutes of Game 5, added a goal and an assist for Chicago as the Blackhawks clawed their way back into the game. The captain was the first to hoist the cup as his teammates jumped up and down.

Crawford finished with 23 saves in the victory that marked Chicago's fifth championship and second in four years.

"That team in 2010, we didn't really know what we were doing," Toews said. "We played great hockey, and we were kind of oblivious to how good we were playing. This time around we know definitely how much work it takes and how much sacrifice it takes to get back here, and this is an unbelievable group.

"We've been through a lot together this year, and this is a sweet way to finish it off."

Chris Kelly had the other goal for Boston, while Tuukka Rask made 28 saves.

THE CANADIAN PRESS

Game 6

Blackhawks	Bruins
3	2

MLB

Blue Jays' win streak stalls at 11 in Tampa Bay

Three quick homers and strong pitching by the Tampa Bay Rays put an end to Toronto's winning streak.

Jeremy Hellickson allowed one hit in seven shutout innings and rookie Wil Myers homered in his home debut, helping the Rays beat the Blue Jays 4-1 on Monday night to end Toronto's 11-game surge.

"I think that, to go on that streak, we had to believe that we were able to do that," Blue Jays catcher J.P. Arencibia said. "I don't think the belief has changed at all. We had a good run, game over, and come back tomorrow."

Myers hit the second of three straight Tampa Bay homers in the second, connecting in his first at-bat at Tropicana Field.

THE ASSOCIATED PRESS

Going to space

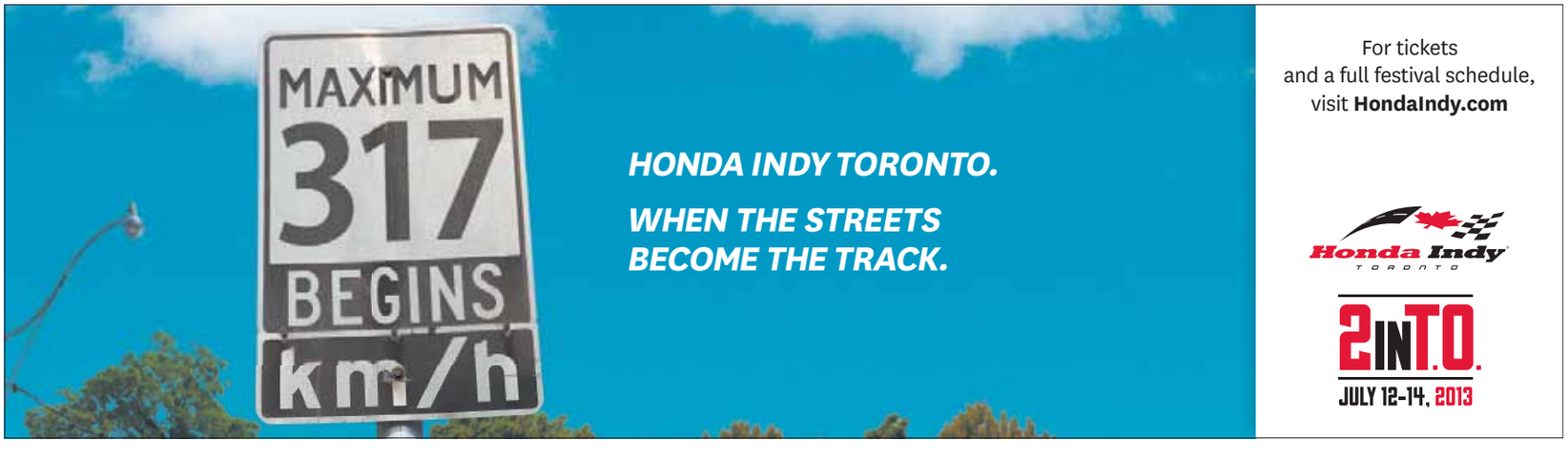
Olympic torch to travel off the map

The Olympic torch has gone underwater at the Great Barrier Reef, flown on the Concorde and even travelled on the back of a camel.

Russia is taking the torch to new heights — space.

As part of a four-month torch relay ahead of the 2014 Winter Games in Sochi, the torch will make its first trip into space using a Soyuz TMA-11M manned spaceship provided by the Russian Federal Space Agency, organizers said Monday.

THE ASSOCIATED PRESS



Rafael Nadal wipes himself with a towel during a break in his first-round singles match against Steve Darcis at Wimbledon, Monday. Nadal was upset by the 135th-ranked Belgian. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Nadal makes no excuses in 1st-round upset at Wimbledon

Tennis. Belgian Steve Darcis becomes the lowest-ranked player to beat Spaniard at any tournament since 2006

For the second straight year, Rafael Nadal is leaving Wimbledon early after a stunning loss to a little-known player ranked in the hundreds.

In one of the tournament's greatest upsets, an ailing Nadal was knocked out in straight sets Monday by 135th-ranked Steve Darcis of Belgium — the Spaniard's first loss in the opening round of any Grand Slam event.

The free-swinging Darcis defeated the two-time champion 7-6 (4), 7-6 (8), 6-4 on Court 1, ending Nadal's 22-match winning streak and eliminating one of the Big Four of men's tennis on the very first day of the grass-court Grand Slam.

After serving an ace down the middle on match point, Darcis conceded he was as surprised as everyone.

"Nobody was expecting me to win," he said. "So I had to play a good match, relax and enjoy the game. That's what I did."

There were no surprises for the other big names: Defending champion Roger Federer, bidding for a record eighth Wimbledon title, and second-seeded Andy Murray both won in straight sets on Centre Court.

Nadal was sidelined for seven months with a left knee injury after losing in the second round of Wimbledon last year. He seemed to be struggling physically Monday. He was unable to turn on the speed or use his legs to spring into his groundstrokes, limping and failing to run for some shots.

Nadal declined to blame any injury and gave full credit to the 29-year-old Darcis, who had never beaten a top-five player before and has yet to go beyond the third round of any Grand Slam.

THE ASSOCIATED PRESS

Another early exit

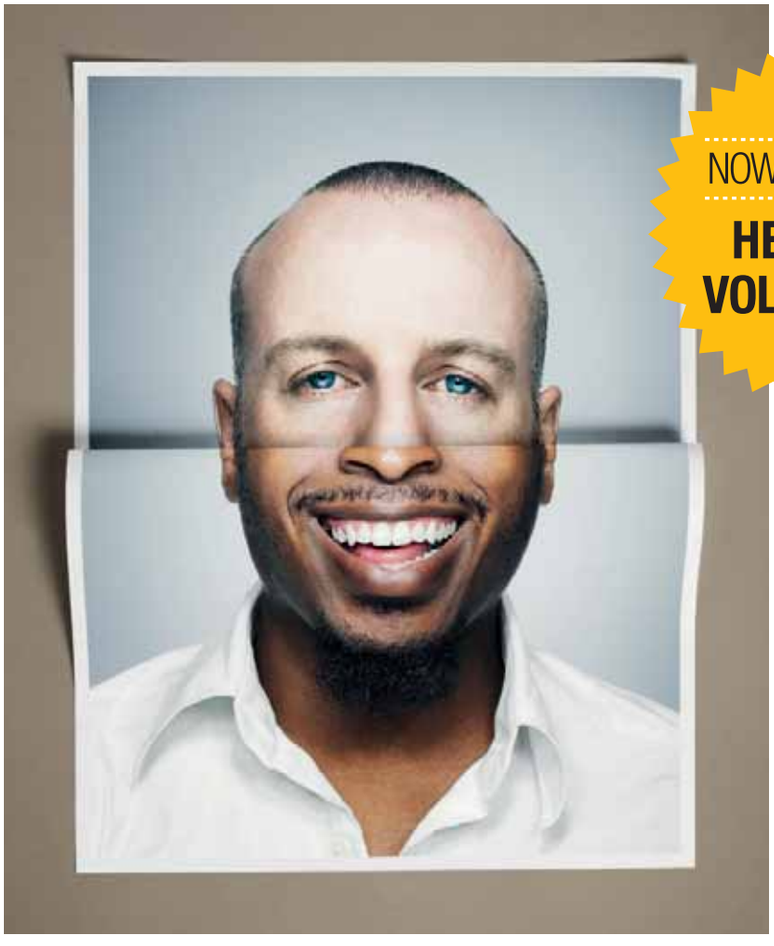
"Only thing that (I) can say today is congratulate Steve Darcis. He played a fantastic match. Everything that I will say ... about my knee is an excuse." Rafael Nadal

Canadians

It was a successful start to Wimbledon for Canadians Eugenie Bouchard and Vasek Pospisil.

- Bouchard, a Montreal native, rallied to defeat Galina Voskoboeva of Kazakhstan 5-7, 7-6 (5), 6-4 on Monday in her Wimbledon main draw debut. "I came close to losing but I was able to fight my way back. I'm happy for that," she said.
- Later in the day, Vancouver's Pospisil, ranked No. 99, beat 131st-ranked Marc Giquel of France 6-3, 6-2, 7-6 (3).

Eugenie Bouchard serves at Wimbledon. THE ASSOCIATED PRESS



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Horoscopes

♈ Aries
March 21 - April 20
A quick decision on your part could lead to unexpected gains today, so be decisive and don't worry if other people say you are taking too many risks. Maybe you are, but life would be dull without them.

♉ Taurus
April 21 - May 21
Just because something worked well in the past does not mean it will work well in the future. In fact, now would be a good time to update your methods. You can afford to be adventurous today.

♊ Gemini
May 22 - June 21
Do you stick with what you know or do you strike out in a new direction? You have never been one to be cautious and now, more than ever, you are inspired to be different.

♋ Cancer
June 22 - July 23
Cancer is renowned for its caring nature and you will get no end of opportunities to show your concern over the next 24 hours. The world is a better place with you in it!

♌ Leo
July 24 - Aug. 23
If you put your mind to it over the next two or three days, you can accomplish something that does your reputation a power of good. Those who were hoping to see you fail will be severely disappointed.

♍ Virgo
Aug. 24 - Sept. 23
You cannot neglect your responsibilities. There are certain things that need to be done and it is your special duty to do them. In days, everyone will be singing your praises.

♎ Libra
Sept. 24 - Oct. 23
This may be a tough time of year for you but there are numerous reasons you should be feeling confident that everything will work out OK. Jupiter, planet of luck, is about to play a big part in your life.

♏ Scorpio
Oct. 24 - Nov. 22
Why are you taking the long way around when the direct approach would be quicker and more successful? Saturn in your sign strengthens your will to succeed but can make you too cautious. Cut corners today.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be firm with someone who does not seem to care if they let you down. You may be easygoing by nature but that does not mean you have to let others take you for granted.

♑ Capricorn
Dec. 22 - Jan. 20
A deal may be just what you are after but don't act too eager or you may find that those who have what you want make you pay a premium price for it. There is still plenty of room for negotiation.

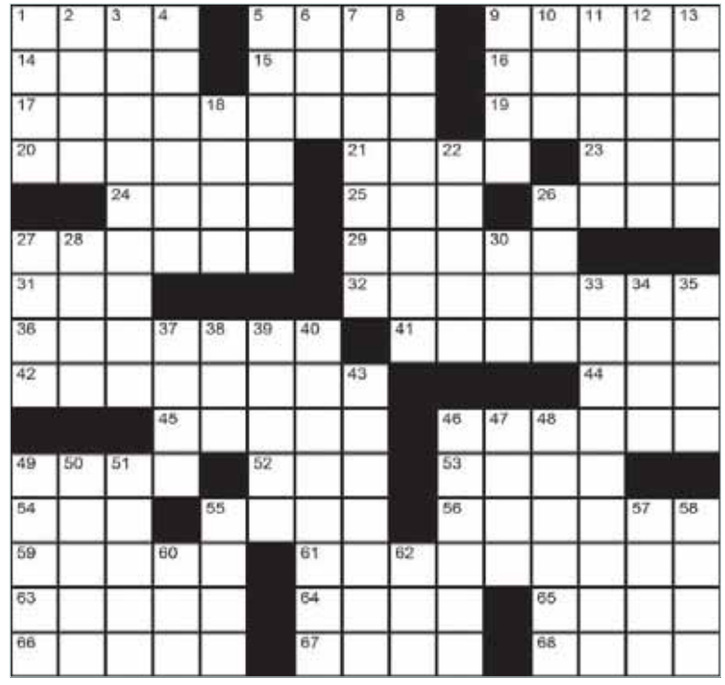
♒ Aquarius
Jan. 21 - Feb. 19
The most important thing today is that you are aware of the consequences of whatever action you choose to take. Once you make your choice it's unlikely you will get a chance to change it, so take your time.

♓ Pisces
Feb. 20 - March 20
Make a point of doing something others would most likely not expect of you. It will remind the world not to take you for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

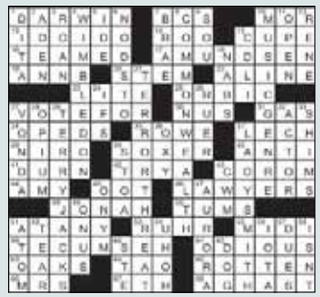
BY KELLY ANN BUCHANAN



Across
1. Quite
5. Be a street performer
9. 'G' of East Coast band GBS
14. Music to a joke-teller's ears
15. Feed the kitty, as in poker
16. Fix came-undone shoelaces
17. Travel plan
19. Radiate
20. Non-meat-eater's burger
21. Follow orders
23. Snug spot
24. "Ohio" by __ Young
25. Curly's pal
26. "Guarding __" (1994) starring Shirley MacLaine
27. Sundae topper
29. Surviving Bee Gees brother
31. Ad __ committee
32. Guitarist in the Michael Jackson concert rehearsal footage in 2009
36. Did better competitively in the pool
41. Mark signifying fault
42. Drug dubbed Milk of Amnesia
44. Mr. Fleischer (White House Press Secretary, once)
45. The 'I' in IV
46. Movie shots
49. Curser's word!
52. "A Nightmare on __ Street" (1984)
53. Tricks
54. Musician/producer Brian
55. Actor's accessory
56. Is a volcano, does this
59. Gulf of St. Lawrence attraction, __ Rock
61. City in East Kootenay in British Columbia
63. Lost-in-the-desert mirage
64. __ State (University from the song at #24-Across)
65. Consequently
66. Care for
67. Late guitarist Mr. Barrett's
68. Celebrity

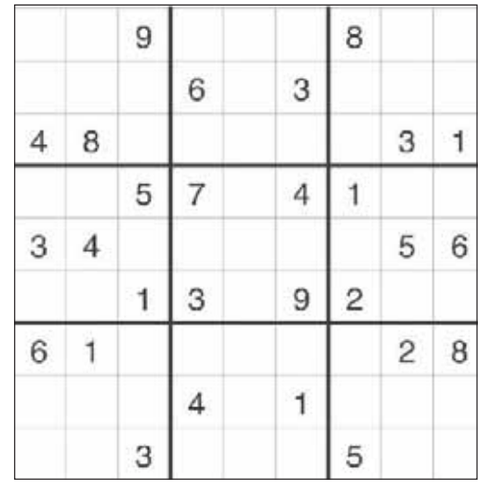
Down
1. Switchblade
2. 'Accent' add-on (Emphasize)
3. __ Bay (Bay of Fundy inlet)
4. Clothes-holding prop
5. Hardly
6. Irish actress Ms. O'Connor
7. Nickname of CBC host George who now also has a show on CNN
8. Computer part
9. Ashen
10. CBC commentator Mr. Murphy
11. Musical piece for Chopin
12. Army assistants
13. "American Bandstand" dancers
18. The Queen's cypher: letter + Roman Numeral + letter
22. Spookily strange
26. Sharon's '80s TV co-star
27. Cut some food
28. 60 minutes
30. Clash
33. __ Canada (Government agency)
34. Give a job to
35. "How sweet __ __!" - Jackie Gleason
37. Washer cycle
38. Was victorious
39. Later on
40. Eloi are the food source of these Time Machine creatures
43. __ Eel
46. Perfumes
47. Albertan country singer Mr. Lund
48. Habituates, variantly
49. Bus station
50. Lend __ (Listen): 2 wds.
51. __ Code
55. Nuisance
57. Ancient outfit
58. Hershey's chocolate/toffee bar
60. Spy letters
62. Et: English

Yesterday's Crossword



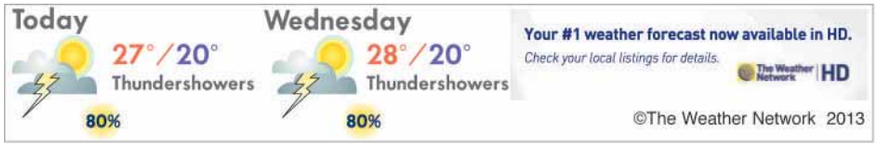
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	4	7	5	2	8	9	3	1
9	1	2	6	3	4	7	8	5
8	3	5	7	1	9	2	6	4
4	9	1	3	7	6	5	2	8
7	2	6	1	8	5	3	4	9
3	5	8	4	9	2	1	7	6
2	6	9	8	5	7	4	1	3
1	7	4	9	6	3	8	5	2
5	8	3	2	4	1	6	9	7



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